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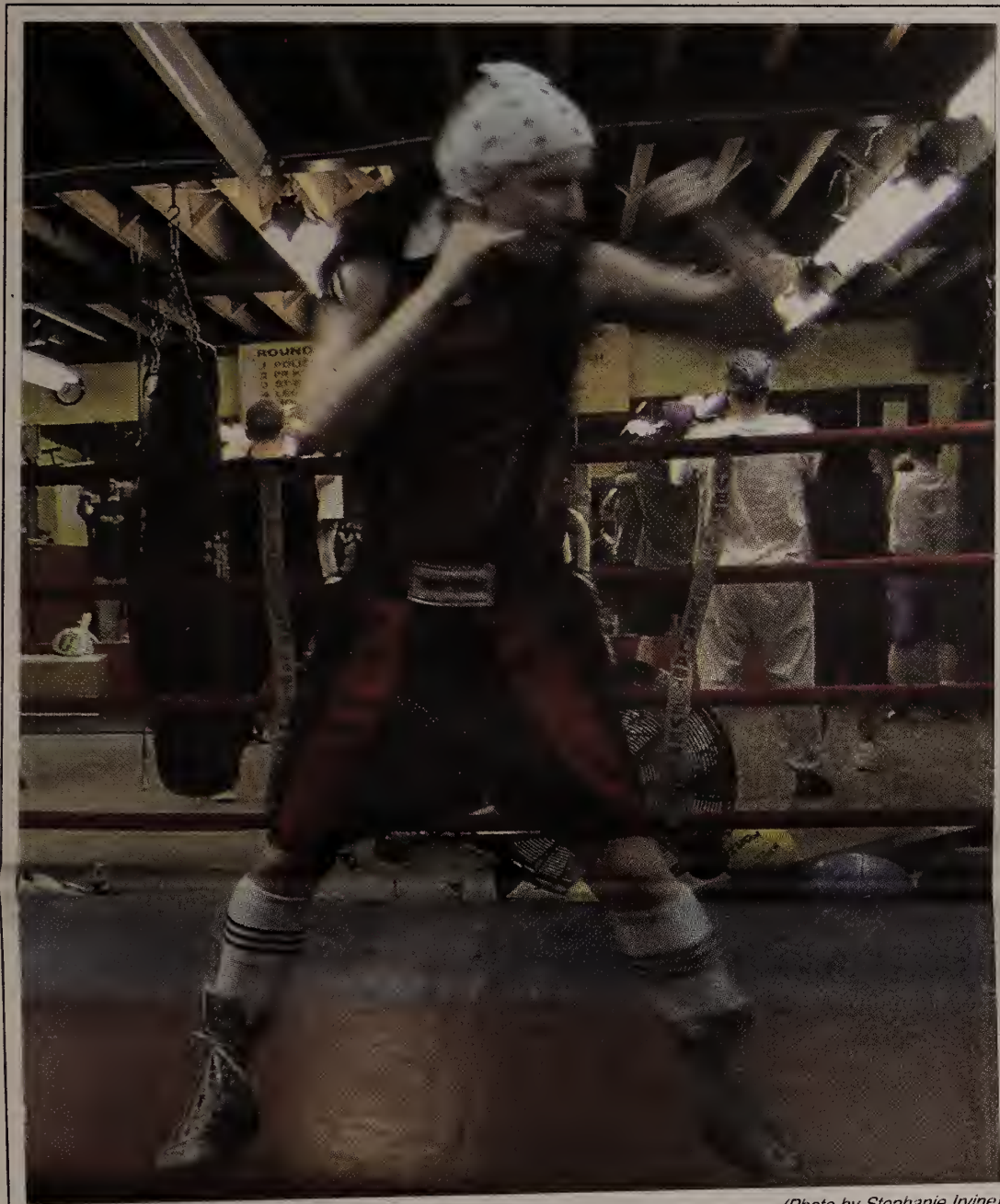
Feature 7

Monday, April 2, 2007

Conestoga College, Kitchener, Ont.

www.conestogac.on.ca/spoke

39th Year — No. 12



(Photo by Stephanie Irvine)

Here comes the pain

Second-year business student, Mandy Bujold, 19, shadow boxes in the ring at the Waterloo Boxing Club. Bujold recently claimed her place on the national senior women's boxing team, and will be travelling with them to Russia, Turkey and Hungary this year. See Page 16 for more photos.

Longer LRC hours means less stress

By VANESSA BUTLER

The Learning Resource Centre is giving students a chance to breathe a little easier with exam time right around the corner.

The LRC is extending its hours for students starting April 21. On Saturday, the LRC will open from 10 a.m. until 4 p.m. and on Sunday, April 22, the LRC will offer its regular hours of 1 p.m. until 4 p.m.

**"The staff here in the
LRC has been very
accommodating."**

*Linda Schneider,
manager of the LRC*

Starting April 23 through April 27, the LRC will open at 7 a.m. "That is an extra half hour each morning for students to study," said Linda Schneider, manager of the Learning Resource Centre. The LRC will also be open until 9:30 p.m. from April 23 until April 26, giving students an extra two hours of study time every evening. In total, the LRC will be open for an additional 13.5 hours for the remainder of the year.

"The staff here in the LRC has been very accommodating," said Schneider.

"They've changed shifts and have been very flexible."

The LRC will be offering a limit-

ed list of services during the extended hours.

The circulation desk will be available to students, but the information desk will be closed. Students will still be able to sign out books, rent resource materials and be able to access all computers and study hall areas.

Last year during exam week, the LRC conducted a survey of 125 students asking them what they wanted to see the LRC provide. Twenty-five per cent of students said they were satisfied with the hours and services, but 75 per cent of students said they would like extended hours during exams, although students unanimously agreed that they wouldn't want Sunday or Friday night service.

"We want to provide the students with every opportunity to do well and use their time effectively," said Schneider.

In September 2007, the LRC will have made changes to their website, which will have easier navigation for students to use the site's research tools. The LRC also wants to promote the policies the centre now has when it comes to beverages and food being allowed.

The LRC allows students to bring in any beverage that is capped, such as Tim Hortons' coffees or teas, and snacks such as chocolate bars and chips.

"We trust students to use common sense and act as responsible adults," said Schneider.

Students sweep graphic design awards

By AARON SCHWAB

First-year students from the graphic design program at Conestoga College beat out more than 100 other competitors to take first, second and third place in Staedtler's annual Mars Lumograph and Karat Aquarell design competitions. The Mars Lumograph competition was open to entries of pencil line drawings and the Karat Aquarell competition focused on coloured pencil.

First-place winners received a full-page advertisement in Fine Arts and Graphica magazines featuring their winning pieces of artwork and \$500 in gift certificates to put toward art supplies; second- and third-place and award of merit winners received \$300, \$200 and \$50 in gift certificates respectively.

All winners also received high-resolution digital copies and laminated posters of their artwork.

"There were entries from students in schools as well as regular, everyday people and professional and semi-professional artists," said Vince Sowa, a professor in the graphic design program. "Anybody who bought a Staedtler product could enter."

Sowa said it was the quality of the Conestoga students' entries that enabled them to make a clean sweep of the awards.

"Quality and detail are No. 1," he said. "There were some other nice drawings (at the competition), but they weren't necessarily mounted properly, or some of the detailing wasn't quite right, or the line quality wasn't where it should be."

"It all comes back to the designs' details that make the difference."

Sowa said Conestoga's graphic design program stands out among other schools' because of the focus on detail that is taught.

"We're detail-oriented, and it comes back to having one instructor per year, so they can focus on everything," he said. "The project started out as a photography project; a lot of the shots were done in Elora, and then the students had to print the photographs then take them and convert them over to line drawings."

"Part of the job of an illustrator is to take all the design elements and put them together into what the client wants, so that's why these drawings may not be exact to the photograph, but they will be similar."



(Photo by Aaron Schwab)

Graphic design students pose with their awards with their professor Vince Sowa. In photo are, clockwise from back left, Kevin White, Vince Sowa, Jessica Henkel, Kevin Trong, Melanie Peters, Jenny May, Darcy Vermacck, Jessica Hehn and Jennifer Hoch.

Now deep thoughts ...with Conestoga College

Random questions answered by random students

What do you look for in a significant other?



"I look at women, I don't look for things."

Kyle Boehm,
first-year tool
and die

"Intelligence and someone who can carry a conversation."

Jolene Brenner,
second-year
nursing



"They have to have a sense of humour."

Carrie Gibson,
second-year
broadcasting

"Good personality and honest."

Steph Duce,
first-year
accounting



"It's easier to get along when everything is laid back."

Dan Brewer,
first-year
materials and opera-
tions management

Smile Conestoga, you could be our next respondent!

Fast upgrade for students

By TIFFANY MCCORMICK

Turning your diploma into a degree just got a little faster with Northwood University's one-year conversion process for Conestoga's three-year diploma programs.

Daniel Toland, the dean of admissions for Northwood, spoke to a room of almost 30 students on March 20 to provide information about the application process, finances and general inquiries about the university.

Toland used handouts, overheads and a video to explain to students what they can expect if they choose to attend either of the three campuses located in Florida, Texas and Michigan.

Approximately 40 to 50 students from Ontario apply to Northwood each year with Georgian College supplying the most students.

In figures, 18 per cent of the 2,000 students are from outside the U.S., mainly from the Middle East, Europe and Canada.

"Northwood is like a continuation or capstone for what you have done here," Toland said to the group. "We're more like Conestoga than U of T (University of Toronto) or York (University)," he added and explained that like the college system, Northwood is very practical and focuses on pragmatic skills as opposed theoretical.

"Transfer students are a very important part of our fabric. They provide balance and bring a Canadian point of view."

Daniel Toland,
dean of admissions for
Northwood University

In the introductory video he showed, a student commented that "if business is what you're looking for then Northwood is for you." The commentator added that the school "will teach you to do business, not just think about it."

Toland broke down some of the conversion credits and explained that if students have a three-year



(Photo by Tiffany McCormick)

Daniel Toland, dean of admissions for Northwood University, speaks to students about upgrading their diplomas to degrees in as little as one year. Northwood has articulation agreements with some of Conestoga's business programs. If a student obtains a three-year diploma, preferably in business, they can graduate in one year with a bachelor of business administration degree.

business program diploma, they can obtain their degree in as little as six months at the Michigan campus, or a year at all three locations.

Northwood's agreement with Conestoga, Toland said, is quite simple. "Finish up your diploma and we're going to admit you."

Students who enter with a marketing diploma from their college will graduate with a bachelor of business administration (BBA) degree with a major in marketing and whatever other field they study at Northwood.

For example, marketing students who take materials management will earn a BBA with a major in management and automatically receive a major in marketing.

Tuition was an area most students were concerned about especially since Northwood is a private university. Toland explained that instate and out-of-state students pay the same amount, \$16,455 US, but Canadian students receive a "discount" of \$4,000.

Two scholarships are available but only one is for students across the country during the fall start up, the other is for Georgian College students.

OSAP is accepted by

Northwood from Canadian students, but in order to obtain the visa needed to attend the school, the bank must confirm there is enough money to make up for the rest of the tuition amount for the student to attend.

To work during the school year, the FI visa students receive allows them to work on-campus but they cannot be employed in off-campus institutions.

In terms of failing or repeating courses, the cost per credit is \$330. To make up a four credit class, the additional cost would then be \$1,320.

"You don't want to do that," Toland said which had the class laughing. He added currently there is a zero per cent failure rate of Canadian students.

Northwood has had a relationship with Conestoga for the past 15 years, about as long as Toland has been recruiting students from Canada.

"We're strong advocates of the Canadian system," he said, adding that he feels it is essential to have Canadian students attend Northwood.

"Transfer students are a very important part of our fabric," he said. "They provide balance and bring a Canadian point of view."

Security services busy at rec centre

By ADAM HANNON

College security services had their hands full at the recreation centre on the morning of March 16.

At around 10 a.m. that day, a vehicle ran off the road behind the Doon campus centre.

The driver, a student at the college, said the accident occurred while she was turning a corner, and had to swerve to avoid another vehicle coming around the bend. This led to her crashing her Hyundai Santa Fe into a light standard.

The vehicle's airbag deployed, and the vehicle had to be towed, but the driver was unharmed.

"Some hydro had to be moved," said John Tribe, supervisor of safety and security services at the college.

On the same day at around 10:30 a.m., there was a false fire alarm pulled in the recreation centre.

There will be no mischief charges laid, however, since the alarm was pulled by a small child who was attending one of the college's March break day camps.

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(Photo by Meghan Kreller)

Judy Bates, co-ordinator of disability services, left to right, Kelly Nixon, counsellor in disability services, and second-year woodworking technician students, Rosie Schappert, Danny Brinker, Ed Ayre, Aleisha Searle, Jill Williamson and Alex Roebuck, gather around a credenza which they proudly restored.

Working together to preserve history

By MEGHAN KRELLER

One department's trash is another department's treasure.

Thanks to a vision and the help of some second-year students, a scratched, chipped, water-damaged

credenza that was being thrown out by one department at Conestoga now sits in the disability services office, polished and as good as new.

When disability services counsellor Kelly Nixon saw the piece being thrown out she made a few calls to

see if anyone could look at it. Professor Mark Brammer agreed to take the project to his second-year woodworking technician students.

"We don't usually have furniture refinishing in our curriculum but I thought it would be good for the

students to learn," said Brammer.

The students dismantled the credenza, removed its old finish, performed quite a bit of repair work and then stained it, he said.

Nixon, thrilled with the results, said working together with another

area of the college was really special.

"It's really about people helping people," she said.

"One area had the skill and the other had the need. Together, we preserved a piece of Conestoga history."



(Photos by Leanne Mountford)

Job fair hits Conestoga

The job fair held in the E-wing at Conestoga's Doon campus on March 21 and 22 was a great opportunity for students looking for graduate and summer employment.



Conestoga's career services helps students find jobs

By LEANNE MOUNTFORD

Graduation can be a stressful time for many students. While concentrating on finishing their studies, graduating students are also starting to look for full-time employment.

The career services office at Conestoga College offers services to help make the transition easier.

Career services offers job postings online to help students find all kinds of job placements, said Mary Wright, manager of co-op and career services at Conestoga College.

It's a really valuable resource for

students to take advantage of. These are employers that are specifically targeting Conestoga College students and graduates, she added.

There are so many great opportunities right now that employers are posting even though they know graduate students won't be available for another month or so, she said.

Job postings include full-time employment opportunities as well as many other kinds of employment such as contract, summer and part-time, said Wright.

From September 2006 to February 2007, there have been

1,820 postings with 10,348 positions available, a dramatic increase over the last few years.

To access job postings, go to the college's website, click on current students and then go to career services and click on job postings. Enter careerservices under username and usearch4jobs under password.

Job postings change daily, said Wright. Students should check the website daily or weekly.

Primarily the jobs are local but there are inquiries or postings from outside of the region.

It's a healthy job market out there, said Wright.

There has been a really strong

increase in employers wanting to be at job fairs and career fairs, she said.

At this year's job fair, 240 employer organizations were represented. Usually it's around 180 or something of that nature, said Wright.

There has also been a big demand from the employer community to come on-campus to host information centres where they are targeting specific program areas, she added.

For the job fair held on March 21 and 22, both days' booths were sold out.

This is a fast-growing region and the local economy is good. There are excellent organizations in this region that are doing well and cre-

ating a need for more employees, said Wright.

Another job search tool that students can take advantage of is the resume referral service. First, students need to make an appointment with Tao Cruikshank, career service officer at the college, to review their resume and then they can register for the service. The resume will automatically be forwarded to employers posting in the students' program of study, she said.

This service is free for three months following graduation.

Alumni of Conestoga College can use the service at any time for an annual fee of \$25.

Almost there, you can do it!

Since the end of the school year is near, you're probably feeling mixed emotions. If you're in your last year, you're probably thinking about all the friends you might not ever see again and where you're going to work in the "real world."

If you're not in your last year, you might be questioning whether you should come back next year or if you should drop out altogether; with less than a month left of the school year, it doesn't make sense not to finish it, even if you don't intend to return.

Look at it this way. You've already paid your tuition, so if you do the best you can for the remaining weeks, you've got the whole summer to try to figure out what you want to do for the rest of your life. You can return to Conestoga in September if that's what you decide or

you can head in a different direction.

On the other hand, if you drop out now, you not only risk failing everything you've worked so hard for this semester, you also throw away your chances of graduating with the classmates you started with if you change your mind and want to come back next year.

Also, dropping out with only a month left can leave a mark on your transcripts. If you're lucky it will only show up as a few failed grades, if you're unlucky it will show up as an incomplete and that looks a lot worse.

An incomplete basically makes it look like you've quit and makes any of the work you've done this semester null and void.

Although exams are stressful and assignments can be even more so, with even a minimal amount of effort, you can get through it, but don't be afraid to put some effort in.

Sometimes students get so afraid of making a mistake, they don't try. Some perfectionists don't complete their final assignments or take their exams for fear of not being perfect.

Talk to someone in counselling services before dropping out due to stress or confusion about your future. That's what they're here for.



Focus on the task at hand, otherwise the big picture can be overwhelming.

Salary hike for greedy politicians

As the saying goes, you can never trust a politician. Today this is truer than ever before.

In December the Ontario Liberals and Conservatives voted a 25-per-cent salary hike for MPPs. This hike means the average MPP gets a raise of \$22,000 per year, cabinet members receive an extra \$31,000 and the premier would receive an extra \$39,000. In an election year, I find this interesting as this government hasn't lived up to its election promises, especially toward the health-care system.

When Premier Dalton McGuinty was voted in four years ago, his election platform was based on giving more money to health care. Once he got elected, he began to cut programs. The reason he gave for the broken promises were the previous Conservative government left a large deficit which needed to be paid off.

Now they're giving themselves a raise? For what, not keeping their promises? McGuinty states the raise is to help close the salary gap with their federal counterparts and to keep provincial politicians from moving to federal politics



Adam
Black

Opinion

The people who are constantly forgotten in politics nowadays are the voters. The issues of the people who put these politicians into office have been overlooked as politicians ensure their pockets are filled and they are well looked after once they retire.

A childhood friend of mine was diagnosed with Crohn's disease about seven years ago. Crohn's disease is a chronic disorder that causes inflammation of the digestive or gastrointestinal tract. It most commonly affects the small intestine and/or colon. She has had numerous surgeries over the years, and has almost no intestine left. She knows better than anyone how Ontario's health-care system works.

My friend, who asked that her name not be used because she's currently on a waiting list for further surgery, explained to me how

flawed the system is.

"I think it's sad that when I am very sick I can't just call my doctor to push me through the eight-hour wait in emergency," she said. "I have been put in the hospital for abscesses and rushed back out the door only to have to call an ambulance to go back in and spend more time there all because they need beds."

When asked about how she felt about the raise which Ontario MPPs gave themselves, she said she was disgusted.

"They say they want to improve the system but they give themselves a raise," she said.

Doctors and nurses aren't to blame for long waiting times. They're probably the hardest working people in the province.

It's up to our greedy politicians to put our tax dollars back into services to help voters instead of lining their own pockets. It's also up to Ontario voters come election time to stand up against these greedy politicians. I think Liberal MPP Richard Patten said it best in a CTV interview when he said, "If they don't (like it), then they can boot us out."

Letters are welcome



Spoke welcomes letters to the editor. Letters should be signed and include the name and telephone number of the writer. Writers will be contacted for verification.

No unsigned letters will be published.

Letters should be no longer than 500 words.

Spoke reserves the right to edit any letter for publication.

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There's still some good out there

Recently I was in a car accident. It was a stormy winter day and as I came around a long bend in the road while driving to work, to my dismay I hit some black ice which sent my vehicle sliding in every direction except the one I wanted to go in.

I had never been in a car accident before, but as I headed toward the ditch perpendicular to a steel post, I knew it was inevitable that my accident-free past was going to come to a screeching and abrupt stop.

My driver's side door introduced itself to the post with a powerful smash, spraying shattered glass all over me and then in an instant I was head-over-heels as my van flipped into the ditch.

Now despite all the obvious noises that may come with such an accident such as spinning tires, a revving engine or the creaking of twisted metal, there is a point of unmistakable silence that comes across you. It's the point when, while strapped into your seatbelt, your brain is trying to figure which way is up while it also confirms there are no injuries and you spit shattered glass from your mouth.

But the silence was broken as a kind gentleman knocked on my window asking me if I was OK and advising me not to move. Eventually, after climbing my way out of my toppled van and being helped down by a few very kind passersby, I got the chance to stand back and see the damage.

The first thing to cross my mind as my eyes viewed the metal carnage was that I was very lucky to have come out with only a few not-so-serious injuries.

As I sat in the gentleman's car waiting for the ambulance, the couple's young baby looked up at me with big blue eyes not knowing what was going on or what had just



Eric
Murphy

Opinion

happened. The innocent little look reminded me I could have very well not been around to see the birth of my unborn niece or nephew.

It may all sound so dramatic but like I said, I had never been in a car accident up to this point.

Thank goodness there was no one else involved and despite only a few bumps and bruises, the accident did help with the realization of some things that I may have taken for granted.

There is so much negativity in the media and we are constantly reminded of all the bad things going on in the world such as the countless deaths of soldiers in the struggle for peace and democracy in Iraq and Afghanistan or the battle against terrorism in various parts of the world. The high rate of homelessness, the constant fear of global warming, continuous cases of child abuse, disgusting attacks on the elderly; the list seems to go on and on.

However, as a few kind people proved just by taking some time out of their lives to stop and see if a total stranger was OK, there is good out there.

That cute little baby face that stared up at me is a reminder that we have a lot to be thankful for despite hardships, ill feelings and low points in our lives.

Cliché or not, life is too short and to those concerned few who stopped to help me, thank you. To those who didn't, perhaps you should slow down and take a look before life passes you by.



And the award goes to ...

The Co-op Student and Employer of the Year 2006 awards ceremony was held in the blue room on March 21. Left: Mary Wright, right, manager of co-op and career services, presents Marisa Havens, fourth-year bachelor of applied technology architecture project and facility management co-op student, with a Guild Shield for the school of engineering and technology. Havens was also the recipient of the Education at Work Ontario Co-op Student of the Year Award 2006.

Bottom left: Wright presents Heather Hennessy, a business administration marketing co-op student, with a Guild Shield.

Below: John Tibbits, college president, presents the Employer of the Year 2006 award to a representative from Automation Tooling Systems Inc.



LETTER TO THE EDITOR

Reading the article titled Reunion tour rip-off? in the March 19 issue of Spoke, about the summer tour of The Police, I felt obliged to write in to correct a few wrongs. Ticket prices are indeed at the high price of \$225 for the floor seats of the summer concert but you need to understand why the cost would be this high. The first thing to remember is that The Police have not been together for a tour in over 20 years. People could not have counted on seeing this band perform again and there is no promise that they will continue once this tour concludes.

Let us not forget though, the age group that listens to The Police. Success for the band came in the 1980s, a decade most

Conestoga students were born in. The Police appeal to a very large audience including an older group who remember hearing their favourite Police song on the radio. This age group is financially settled, and thus, the purchase of a pair of tickets may hurt, but will not break the bank.

We are in an age of concerts where \$60 - \$225 for tickets for a concert is common. If you look at other concerts coming to Toronto such as Roger Waters of Genesis you will find they are charging approximately the same. That's not to justify it as, "they did it, so I can too," but rather to show they are not going beyond any limits not already set.

The Police have a prestigious career; they have five studio albums, all platinum, they have been inducted into the Rock and Roll Hall of Fame, have six Grammys and all of this was done in their short nine years together. It was not researched, but evident by the use of "probably," Iron Maiden does not have more records sold than The Police. They do have a longer career and more releases. But do releases justify them being greater than The Police? To even compare a metal band to a reggae rock band is an outrageous attempt to discredit a band that rocked the music industry for their entire careers. But how can you write an article on The Police when you cannot even get the

band members right? Andy Summer playing the drums, that would be interesting, but I hope for the \$100 I paid for my ticket he sticks to his Fender Telecaster.

Listening to the radio on my way to school a radio DJ pointed out that in the 1980s The Police were played on almost every station in Toronto, showing how the band appealed to the masses. It is no wonder why they sold out two shows at the Air Canada Centre. My friends and I cannot wait for The Police in July, and I cannot wait to hear Andy Summers wail on his GUITAR.

Ian Evans



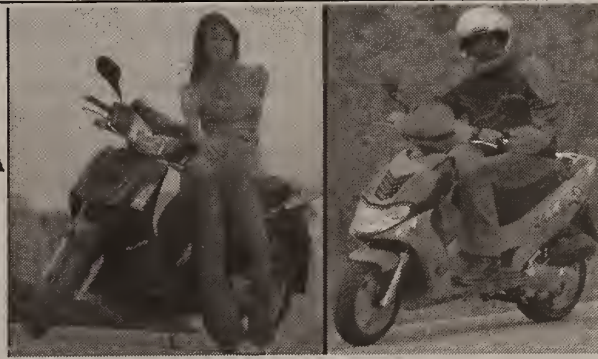
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Entrepreneur takes guitar dreams into own hands

By SARAH JAYNES

The feeling of strings and the smooth neck of a classical guitar has always sent chills up Bob St.Cyr's spine as he strums a classical tune on one of his handmade guitars built in his own garage.

At the age of 18, St.Cyr built his first guitar in his parent's basement.

"It didn't sound that great, but it felt amazing to play something I handcrafted," he says.

"Not a day goes by that I am not building and playing all in the same night, it is my world."

*Bob St.Cyr,
guitar builder*

St.Cyr, who was a cabinetmaker for most of his life, decided to go back to university and change career paths. He completed his degree at a university in Kingston and went on to become a high school wood shop teacher at Kitchener-Waterloo Collegiate and Vocational School.

"I taught woodworking to high school kids, but never gave up the side project of guitar building," he says.

After many years teaching wood shop, St.Cyr's love for music turned from a hobby to a career, after he transformed the guitar course at KCI.

St.Cyr says the course wasn't very popular until he took the class to a whole new level, letting the kids be creative and play more contemporary music that they would enjoy.

"Before we knew it the whole class was one big jam session, like

a 30-member garage band," he says.

As St.Cyr continued teaching he never gave up his hobby of building and repairing instruments.

He began repairing and re-finishing violins and pianos, and kept working on making his handmade guitars.

"I repaired over 50 instruments for various people and started building professional guitars that could be sold in a music store," he says.

St.Cyr wanted to make his guitar building profitable, so in 2000 he decided to register St.Cyr Guitars as a legitimate business which he operates out of his two-car garage.

"The garage was always a workshop for different woodworking projects I have done, but I bought new professional tools and it became more serious," he says.

St.Cyr says the process of building a guitar starts with the design and continues from there.

"Once the desired design is completed, then the desired materials can be chosen depending on the type of wood you want to work with," he says.

"It's incredible to see Bob's knowledge, he has done some beautiful work."

*Chris Purcell,
friend of Bob St.Cyr*

After the material is chosen there are multiple building processes that go into building the guitar from its raw material all the way to the finished product. "It takes approximately three or four weeks for a



(Photo by Sarah Jaynes)

Bob St.Cyr is busy working on a new steel string acoustic guitar. He says the process can be very tedious. "One mistake and it could cost you the whole guitar." St.Cyr has been working on this particular guitar for two months.

full-time guitar builder to finish a single guitar; because I only build part-time, it takes me three or four months to finish one," he says.

Since St.Cyr has started building he has completed just over 50 guitars, but has yet to sell any.

"I am still refining my skill, it isn't easy giving up something you have worked so hard on," he says.

St.Cyr has had many friends and colleagues become interested in building, many of whom have been

getting tips from St.Cyr.

"I come over a few times a week and have been slowly putting together my own acoustic," says Chris Purcell, a close friend who got interested in building after he heard St.Cyr had started the business in his garage.

"It's incredible to see Bob's knowledge, he has done some beautiful work," he says.

So far St.Cyr has completed electric, steel string acoustic and classi-

cal guitars that he absolutely loves to play.

"Not a day goes by that I am not building and playing all in the same night, it is my whole world," he says. St.Cyr recognizes that his hobby is not only unusual but it's a very expensive pastime as well.

"Your average price for a hand-built custom steel string acoustic can range anywhere from \$800 to \$5,000 for material and labour," he says.

COUNSELLOR'S CORNER: Final Exams

Whether to panic or to prepare. Whether to sulk or to study. Whether to become enlightened or to remain in the dark, hoping for the best. How you use your time and energy is up to you and will determine your level of success or failure.

To go into the exam period with your eyes wide open, you need to know:

- how many exams you have and in which subjects;
- when, where and for how long they are scheduled;
- what material will be covered with emphasis on which areas;
- what format the exam will have (multiple choice, essay, short answer);
- what percentage of your final mark the exam covers.

About three weeks before exams start, mark the times and locations of each exam on a calendar. For each course, list what you need to study and the sources you will use (textbook, class notes, lab. assignments). Estimate the amount of study time you will need and indicate study periods on the calendar. By planning ahead, you know you will have time for each subject.

Use all sources of help available to you: old exams, classmates, study groups, class review time, text notes or highlighted sections, text summaries and chapter questions. Ask your faculty for help and information about the exam.

Avoid common mistakes:

- over-studying for the first exam and running out of time and energy for the others;
- working hard for the course(s) you like and neglecting others;
- not starting early enough, leaving too little time during exam week.

If you would like assistance in preparing for final exams, come to the Student Services office.

A Message from Counselling Services

Visit our website <http://www.conestogac.on.ca/jsp/stserv/index.jsp>

Wish Foundation takes flight

By BECKY SHARPE

Up, up, up and away! Students in the first-year revenue generation program and its co-ordinator, Greg Burns, are planning a new event at Conestoga called Plane REC as a fundraiser for the Make a Wish Foundation of Canada.

"Any funds raised in this event will go to children who are at a high risk of life-threatening illnesses."

*Mark Blackwood,
student involved in Make a
Wish Foundation event*

They support children with illnesses and life-threatening diseases, granting a child's wish that could include meeting someone, going somewhere or having a desired item. By sponsoring the Make a Wish Foundation you can help make a child's dream come true.

Students will have a chance to make a paper airplane of their own design and fly it off the balcony of the Student Life Centre onto a target on the first floor.

Each throw will cost students \$2 or you can pay \$5 for three tosses.

The student who throws his or her plane closest to the target will win a prize that will be donated by local sponsors of the event.

It will take place on April 10 and start at 11:30 a.m. and end at 1 p.m. The revenue generation program hopes to raise \$1,000.

To help with the Plane REC, a marketing committee, officials/rules committee, site preparation committee and supplies committee, all made up of students, have been organized.

They are in the process of establishing a connection with a paper/print corporation to donate paper and ink for the posters, flyers and any other needed advertising.

Mark Blackwood, one of the students involved in the event, says he hopes the event will attract a diverse group of students and everyone will have fun.

"We're hoping for a lot of students. We would like to reach our goal," he says. "Anyone is welcome to give it a try."

Blackwood says that no revenue generation students will be participating in this event to make sure it stays fair. "Any funds raised in this event will go to children who are at a high risk of life-threatening illnesses," he says. "This way we hope to make a child's wishes come true."

Is Jesus really my homeboy?

By BJ RICHMOND

(This is the last of a three-part series on the history and life of Jesus Christ.)

He can be seen in church, in art and even on car dashboards.

However, Jesus Christ can now be seen like he has never been seen before. Images and depictions of Jesus have changed drastically over the past 2,000 years, in both positive and negative ways. In modern merchandise, the Son of God has transformed from a Messiah to a homeboy to a downright degenerate.

As seen in T-shirts, posters, bumper stickers and on television, Jesus has recently taken on many forms, fashions and attitudes. One of the most controversial depictions of Jesus came last year when T-shirts featuring the slogan "Jesus Hates Me" were being sold online. If the slogan was not hard enough to morally digest, the clothing also featured a drawing of the Son of God flipping the bird.

Much of this Jesus merchandise can be ordered online or found in novelty shops throughout North America. One successful retail website that distributes Jesus merchandise is beWild.com, based out of Bellmore, N.Y. The website claims to sell more than 10,000 items, including everything from rude T-shirts to colourful contact lenses and from Happy Bunny

posters to Jesus is My Homeboy apparel.

Pop culture experienced a fad with the Jesus apparel about a year ago with shirts exclaiming "Jesus is my homeboy!"

A Los Angeles company called Teenage Millionaire began manufacturing the shirt about three years ago, and has recently released a shirt labelled "Mary is my homegirl!"

Chris Hoy, a partner at Teenage Millionaire, said the company looked at the popular icons of the 20th century and Jesus definitely topped the list.

The "Homeboy" shirts, which sell for about \$25 US, are purchased by thousands of people each month.

"We had no idea it was going to be this big," said Hoy.

Jeremy Campbell, product manager for beWild.com, said the Jesus is My Homeboy apparel line has become quite popular over the past three years. "Sales for the line are several hundred items a month, with obvious higher sales around the Christmas period."

Despite the steady sales for the apparel, some Christians are offended by the images of Jesus and have made their voices heard on the controversial clothing. Pastor Bob Parks, senior pastor at Benton Street Baptist Church in Kitchener, said he does not believe anyone should depict Jesus in a

negative way, especially as a way to make money. "Jesus didn't come to Earth for the purpose of being a profitable image. He came for the sole purpose of being the messiah of redemption."

Campbell said nobody has ever complained about any moral problems related to the depiction of Jesus in the merchandise. "Nope, no complaints yet. It's probably well understood that no one is being

forced to purchase the merchandise."

He added the apparel is well

received and it is fine to have choices in society other than what Jews and Christians allow others to have. "All choices should be permitted if we are to live as free men

who permit others to honestly express themselves, instead of forcing them to lie or stay silent under threats of harm."

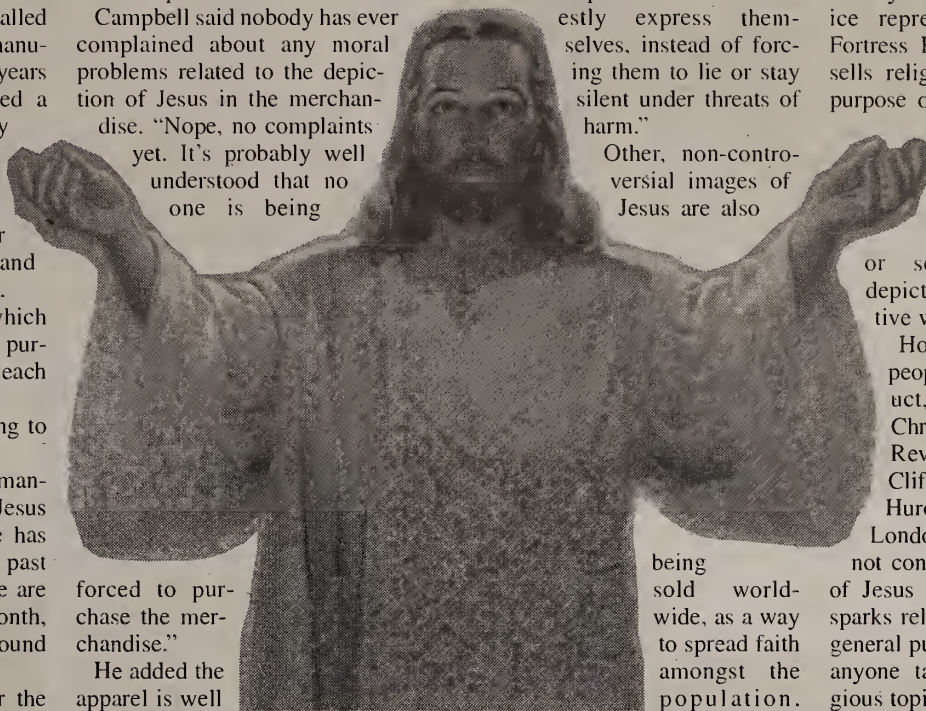
Other, non-controversial images of Jesus are also

Ausburg Fortress Publishers, a Lutheran-based bookstore in Kitchener, sells a more traditional image of Jesus on church supplies, religious books and gifts.

Mary Gragton, a customer service representative for Ausburg Fortress Publishers, said Ausburg sells religious items for the sole purpose of celebrating one's faith and she hopes people use the products in a positive way.

"I think it is blasphemous for people to buy or sell merchandise that depicts anyone holy in a negative way."

Hoy said that despite some people's disgust in the product, both hipsters and Christians like the apparel. Reverend Canon William Cliff, rector and chaplain at Huron University College in London, said although he does not condone negative depictions of Jesus Christ, he does think it sparks religious interest within the general public. "I am thrilled when anyone takes an interest in religious topics."



(Internet photo)

Pop culture has recently experienced a fad with Jesus is my homeboy apparel, which has been purchased by thousands of people. The shirt is manufactured by Teenage Millionaire, which sells the shirt online for about \$25 US.

MITOSIS: (cell division) ★★

T.S. Eliot's Rhapsody on a Windy Night is on my computer.

STUDENTS FOR LITERACY

THE HOMEWORK CLUB

Tutored kids in math & science

I like Chess. And Havarsti.

Led a fundraising campaign for Canadian Cancer Society.

COMPASSION:

Not being able to know what to say but being able to know how to listen.

I'm a research assistant at the Princess Margaret Hospital.

PCR (Polymerase Chain Reaction)

Denaturation

Annealing

Extension

EE

Friends call me Mami.

Dr. Matthew Lukwija: Ugandan doctor who confronted Ebola.

I'm raising \$ for Language Line - a phone translation service for immigrant patients.

I'm taking Cellular & Molecular Biology.

WORLD YOUTH DAY MEDICAL TEAM

Classes 9-11:30am

research until 6pm

Study until midnight

Photography is my new hobby.

Hematologist?

Gastroenterologist?

Psychiatrist?

Cardiologist?

I always carry my agenda. It's my brain.

All I've done I wouldn't have thought I could.

Centenary Health Centre Youth Advisory Council:

STUFF TO GET FOR LAB:

- agarose

- loading dye

- 100bp ladder

Can I have 5 more minutes? (to sleep in)

A kids' science event I organized

→ froze donuts in liquid nitrogen.

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Men's soccer team places fourth in OCAA championship

By JESSICA BLUMENTHAL

The Conestoga Condors gave it their all at the OCAA provincial soccer championships at the OSA Soccer Centre in Vaughan March 22 and 23.

This was the first time in four years Conestoga had been to the OCAA championships and you could tell they wanted the gold by the look on their faces.

However, Humber shut out Conestoga during the semi-finals, with a score of 3-0.

In the bronze medal game against the Sheridan Bruins they played like a team possessed. Despite their great performance they lost to the Bruins 2-0.

Sheridan players peppered the net during the last five minutes of the first half and got a clean shot in, making the score 1-0.

During the second half, the Condors on the sideline paced up and down the field and sat on the edge of their seats, yelling and encouraging their teammates.

At the 12-minute mark, Sheridan popped in another goal.

The Condors wings were clipped and they placed fourth in the tournament.

Geoff Johnstone, Condor's head coach, said the men had great teamwork and held each other responsible on the field, however, it's goals that win games.

Johnstone was raised in the old style of playing where the players constantly talk to each other and he believes a lack of communication lead to their downfall.

Some players really stood out on the field. Shane Ditchfield, Condor's keeper, had great reflexes and made many good saves during the tournament. As well, Victor Nobre, the team captain, stood out with his amazing skills and getting to balls that appeared beyond his reach.

The other schools competing in the championships were all from the Toronto area. Their schools are three times bigger and have higher athletic budgets, which could be a contributing factor in the loss.

Johnstone lives for moments like the finals.

"Being in the OCAA championships and playing for a medal is

better than oxygen," he said.

Tony Silvestri, the Bruins' coach, contributes their win to the way their team played the system.

"We dug deep and played with character and heart."

Mario Kulis played well for the Bruins and was named one of the tournament's all-stars.

Joe Persia, Sheridan's goalkeeper, was named the tournament's top keeper, which could also be a factor in Conestoga not scoring goals in the finals.

The OCAA showcases talented and skilled athletes, said Silvestri.

Alex Barbier, a spectator who played in the OCAA when it first started in the '60s, said he's proud of all the athletes.

He said making it to that level of competition means they have proven themselves competitively but the players also showed they have a strong spirit of friendship, respect and camaraderie in their treatment of each other. Most importantly, they have a lot more appreciation for each other, he added.

"It's very exciting for athletes to make it to such a level."



(Photo by Adam Black)

Defenceman Victor Nobre roughs up a Humber player at the OCAA indoor soccer championships in Vaughan.



(Photo by Jessica Blumenthal)

Nathan Drury chases a Humber Hawk. The Condors ended up losing the match 3-0.



(Photo by Adam Black)

Nick Pandeirads steps in front of a Humber player and prepares to take the intercepted pass in the chest.



(Photo by Adam Black)

Victor Nobre fights to intercept the ball from a Sheridan forward. Conestoga lost the match 2-0 and placed fourth in the OCAA championship.



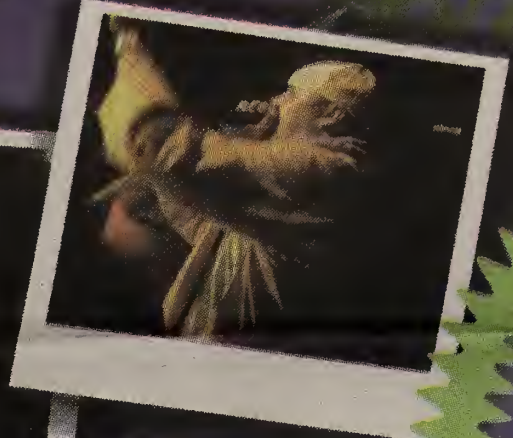
(Photo by Adam Black)

Rich Parsons and Nathan Drury attempt to strip the ball from a Sheridan forward, while goalkeeper Shane Ditchfield prepares for a shot on net.

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Ladies night at Salvation Army

By JENN CURTIS

The Salvation Army in Guelph holds a special evening every Wednesday night at their church for women to come out and enjoy prayer, activities, each other's company and food.

Myra Pritchett, a pastor with the Salvation Army's church, Guelph Citadel, said it is a good way for women to get together.

"It's a great night, we always have a lot of fun," she said.

Every week they do something different. On March 21 a fashion show was held with styles from the clothing store Julies, located in Stone Road Mall.

The evening also featured a dessert, which was made by volunteers, and beverages.

"It's great to come out and just hang out with the girls once a week."

*Laurie Cooley,
one of the models for the
fashion show*

The women loved the clothes and had a great time, Pritchett said.

"We always have so much fun on Wednesday nights. It's the best part of the week.

"It was a delicious dessert," Pritchett said. "And plus it was low in fat."

"It's a great night, we always have lots of fun."

*Myra Pritchett,
a pastor with the Salvation
Army's church*

The models for the fashion show were all women who attend the weekly girl's night out.

"I love coming out on Wednesday nights," said Laurie Cooley. "It's great to come out and just hang out with the girls once a week."

Cooley was one of the models for the fashion show.

"It was a lot of fun," she said. "We got to go to the store and pick out the different outfits we wanted to wear."

All the women did a really good job at modelling, Pritchett said.

"Maybe some of them should quit their day jobs and start modelling," she joked.



(Photo by Becky Sharpe)

Enjoying the warm weather

After a long cold winter our singing red-breasted friend, the Canadian robin, is back. However, the temperature will be cooler this week, with scattered showers and a high of 7 C and a low of 4 C.

E-mail hoax exposed

By ANNELOISE THOMPSON

Attention all female staff and students, the recent e-mail circulating about the new date rape drug, progesterex, is a hoax.

The basics of the e-mail claim that a woman who was out at a bar with her friends was gang-raped by a group of men. It said that doctors' tests confirmed that she had been date raped, as well as given a sterilization pill called progesterex.

The e-mail also said, "Progesterex, which dissolves in drinks just as easily, is such that the victim doesn't conceive from the rape and the rapist needn't worry about having a paternity test identifying him months later."

Dr. Sarah Kolk, of Health Link, Cambridge, said she has never seen documentation or confirmation that the drug exists.

She also said, "There is no drug in existence by that name, nor is

there any drug with those properties."

Wikipedia has also created a page in their encyclopedia with more details about the hoax drug.

Interested students should visit www.wikipedia.org/wiki/Progesterex

Waterloo Regional Police Inspector Bryan Larkin cautioned that people (especially women) should always exercise caution and watch their drinks.

The Learning Commons would like to thank all Conestoga Peer Helpers for their hard work and dedication to tutoring, conversation partners and learning groups during the 2006-2007 academic year.

Conestoga Peer Helpers 2006-2007

Amber Abbott	Stefan Chery	Jennifer Fulton	Mohamed Khalil	Jenny Meredith	Katie Richardson	Len Vaness
Lamis Abdelrehim	Jason Choquette	Ryan Funduk	Piotr Kostecki	Slobodan Misljenovic	Kyle Rickert	Reg Vidmar
Tracy-Lynne Ahier	Zach Clement	McKye Gadke	Hedvig Krall	Micheal Mooney	Hebah Rizk	Jennifer Volmer
Nick Aleksich	Melina Cormier	Rafael Garcia	Averil Kritzer	Roberta Moorley	Angus Rogerson	Adam Vranic
James Alger	Nathan Crawford	Greg Garritsen	Ashley Labelle	Kristen Morrison	James Rohrer	Brenda Waller
Sana Ali	Srdjan Damjanovic	Ben Good	Nicole Laurin	Bahrija Muhic	Jordan Royal	Sonya Wastell
Jamshed Alizi	Nicole Davis	Maria Good	Lesley Leachman	Lyndsay Neate	Nicole Savory	Brandon Wells
Erin Bailey	Lisa DeGraaf	Anthony Greene	Angela Leffler	Amber Nelson	Sue Schmitt	Jeff Wemp
Sorina Balanean	Ross Dither	Tyler Gross	Denise Leveille	Victor Nobre	James Smith	Nicole Wildeboer
David Balmer	Jennifer Dixon	Meghan Hansplant	Lindsay Love	Ryan Parry	Michelle Stam	Angela White
Marta Barakonski	Ruth Elliott	Reed Hansuld	Brandon Lovegrove	Steven Penner	Wojciech Staszak	Jason Wigglesworth
Holly Beer	Christy Emers	Claire Harlick	Melanie Lowel	Rachel Pepping	Daniel Stauch	Eric Zomer
David Bodnar	Mike Emrich	Tristan Harwood	Emily Maloney	Liz Perez	Tara Strong	
Amanda Bradley	Alex Entz	Heather Huff	Lindsay Martin	Monica Petz	Andreea Tasedan	
Veronica Brown	Kyle Erb	Rose Iachetta	Susan May	Melissa Poechman	Nicole Taves	
David Budimic	Elena Eun	Shannon Jodoin	Rasa Mazeika	David Poidevin	Aaron Thorpe	
Nicole Bruder	Holly Featherstone	Heather Johnson	Mike McGinnis	Laura Purdy	Lauren Tlppin	
Pamela Burns	Pamela Fellbaum	Paul Kalnins	Jesse McKnight	David Raude	Samuel Toma	
Scott Burton	Mike Floyd	Nabil Kanji	Elaine McLaren	Bharani Ravishankar	Justin Toth	
James Campbell	Brent Fraser	Matthew Karnowski	Chris Meadows	Allison Rawlings	Angelica Turcotte	
Stephen Campbell	Feng Fu	Courtney Kennedy	Stephen Mercer	Anne Renner	Brigitta Vaillancour	

**Thank
you!**

Peer Hosting and Tutoring: They Gave Me a New Direction

By David Poidevin (TESL program)

A professor once said, "Learning is not compulsory... neither is survival." We have chosen both survival and learning; a path of our choosing is before us. My first day of class was a milestone on my path of learning. I pointed myself down a path which I thought would teach me what I needed to know about electronics, but I was wrong, it taught me much more.

In the second week of school I met a Korean man named Ji-Ho whose influence greatly changed my direction. I learned that he was in the English as a Second Language (ESL) program at Conestoga. We decided to meet weekly so he could practice his English and teach me a bit of Korean.

While my friend and I were engaged in this cross cultural sharing, I was introduced to the Peer Host service; a service set up by Peer Services to connect fluent English speakers with those desiring language practice and integration into life in Canada. As a Canadian born and raised in Africa, I saw that the Peer Host service met many of the needs of International students learning English. During this time the staff at Peer Services also asked me to tutor courses in my program, Electronics Engineering Technology Telecom, which I did. To my amazement, I found a unique enjoyment in tutoring. The good training and support Peer Services provided gave me a base for efficiently and effectively helping my peers, in either Telecom or ESL programs. In my third year of Telecom, I decided to act upon the interest that I

had fostered through tutoring and peer hosting; I set a new path, one directed at being a teacher of ESL and Physics.

Four years have passed. I have finished my Physics degree and am back at Conestoga in the Teaching English as a Second Language (TESL) program while also volunteering in the Peer Conversation Partner service, a revised version of the Peer Host service. As I look back over the many milestones that I have passed along this path to becoming a teacher, I thank God for the skill building and life changing opportunities I have had to peer host and tutor. Although I chose one path when I first came to Conestoga, further experiences and guidance have helped me choose another; one more suited to my interests, personality and life goals.

Local arts show promotes young artists

By HOLLY FEATHERSTONE

The region's artistic cultural identity is dispersed throughout the greater community, but a myriad of local artists and artisans were conveniently congregated at the local Artworks show, namely young artists seeking to promote their pieces.

The Artworks Show and Sale, held March 24-25 at Bingemans, provided a captivating and communal atmosphere where artistic entrepreneurs could sell and share the inspirations of their jewelry, metal, sculptural and painted masterpieces. Even young adults were granted the opportunity to exhibit their work through the Catch 21 contest, organized and sponsored by The Record.

The arts contest, launched as part of The Record's youth advisory board to help familiarize young people with the newspaper, was pitched to all regional high schools last December, encouraging students to become involved in the community and showcase their work publicly in a subsidized space at the Artworks Show.

"It made sense since we have this space and this show, to tie in something that can relate to students," said Simon Dowrick, projects specialist for The Record and show manager.

Dowrick said allowing students to become involved in local arts, via Catch 21, helps to hone their personal skills in an attempt to cultivate and broaden the ever-important gamut of next-generation arts and crafts.

In addition, the contest aims to increase awareness of the importance of arts-related school pro-

grams, which are generally underfunded and on the wane.

"Through the contest, we've gotten all these (students) engaged and tried to get them back on track with arts and culture in this region," he said.

The contest provided a cash incentive of \$200 for first-place winners, \$100 for second-place winners and \$50 for third-place winners. In addition, the contending pieces were displayed in a subsidized space at the show, compliments of The Record's bursary fund.

Catch 21 garnered more than 80 entries and a total of 35 finalists, whose pieces were judged using various criterion including artistic technique and ingenuity.

Two categories, artist of the year

"There are a lot of talented people that make some beautiful products, but they don't have a place to sell it or show it."

*Simon Dowrick,
show manager*

and artisan of the year, were established this year, therefore allowing for a total of three winners in each category.

Second-place winner of the artist of the year award, Duncan McEwen of Bluevale Collegiate Institute, said his winning piece was inspired by his favourite artist, Frank Frazetta, and was almost complete by the time Catch 21 was recruiting student submissions.

"I like painting ... for fun, (as) personal pieces," said McEwen. "Oil



(Photo by Holly Featherstone)

Duncan McEwen, a high school student in the region, proudly displays his award-winning oil painting which earned him second place in the Catch 21's Artist of the Year Contest.

painting is my favourite medium."

McEwen said it is important to use the manual techniques wielded by the pre-eminent artists from centuries ago.

"Especially with all the technology, it's good to preserve the old (techniques)," he said.

The Artist of the Year was not present at the show.

Dowrick said it is hoped the contest translates to its winners the small but distinct opportunity for artists to develop their own businesses to market their products after graduating, particularly when local shows are becoming scarce as

a result of imported products.

"There are a lot of talented people that make some beautiful products, but they don't have a place to sell it or show it," he said.

Dowrick said the objectives of the Artworks Show are to strengthen community arts and culture, help small artisans grow and increase publicity to the arts as a result.

"We move very quickly through technology and we have to drill into people that the creative side of us is part of human nature and part of the community," he said.

Consequently, young artists and artisans are integral to the preserva-

tion and evolution of the local cultural essence.

Catch 21 will continue to expand its contests, potentially including the involvement of local colleges and universities, for the next Artworks show in October.

Social programs important for a better future

By SUMMER MCPHEE

The problem with our health policy is that we're currently focusing on treating problems versus preventing problems, said the data analysis co-ordinator for the Ontario Early Years Centre.

"Despite the fact that we know social programs prevent problems our medical care funding has grown rapidly," said Sandy Hoy, who spoke about the social determinants of health in Canada at a political coffee house on March 19.

The session, which was open to the community, was held at Wilfrid Laurier University.

The social determinants of health are the economic and social conditions under which people live which determine their health and are generally related to social, economic, political and environmental circumstances.

Social determinants in Canada are Aboriginal status, early life education, employment and working conditions, food security, health-care services, housing, income and its distribution, social safety net, social exclusion, unemployment and employment security.

Hoy said social determinants are equal to or more important than medical care and personal health behaviours.

"We hear a lot about health care and personal health behaviours such as eating a lot or smoking," she said. "These issues aren't as important as things like the social determinants of health."

She added although in every country the social determinants of health are different, early life is on every list.

"There's a lot happening in the first six years. All these connections being made are stimulated by

what is happening outside in the world."

Hoy said these connections are important and we need to be making them before we lose them.

She said this is a sensitive period in early brain development affecting hearing, visual responding, language and emotional control.

"Nourishing those areas in our brain will have the biggest impact on what happens in the future."

Hoy said research has been done where the lives of children were followed from toddlers through high school.

She said of those who were chronically aggressive as a toddler only 3.3 per cent graduated from high school.

"They found the social determinants of health playing out in that group. They were more likely to live in poverty, live with single mothers or have higher levels of

stress."

She said the studies are not saying these children are doomed, but when we see that these children are chronically aggressive at the age of two, we should be doing something then.

"The first six years are a great opportunity for intervention," said Hoy.

Robert Novosel, who attended the political coffee house, said he feels social programs are important when it comes to the development of children.

"People are not born equal in society and are not always given as much of a chance to succeed."

He said if we place more money into social programs we will be helping out those who were born into less fortunate situations.

"We should want to help people become productive members of society," said Novosel.

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Week of March 26

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- Akon
3. Glamorous
- Fergie
4. Irreplaceable
- Beyonce
5. On The Hotline
- Pretty Ricky
6. Outta My System (feat. T-Pain)
- Bow Wow
7. Poppin'
- Chris Brown
8. Rock Yo Hips
- Crime Mob
9. This Is Why I'm Hot (Chorus)
- MIMS
10. You
- Lloyd

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Self-defence program promotes science

By PEGGY O'NEILL

In the last five years, studies throughout Canada and the United States have shown that girls begin science education at a disadvantage, not because of a lack of interest, but because of a lack of exposure. A recent University of Michigan study found that giving girls hands-on science exposure and experience helps close that gap.

The Canadian Association for Girls in Science (CAGIS) is a club helping to promote, educate and support interest in science, technology, engineering and mathematics among girls aged seven to 16.

CAGIS has many chapters all over Ontario. Chapter members meet regularly to explore science with women and men who have chosen careers in the science and technology fields.

One part of CAGIS is teaching self-defence and the science behind it. Ajung Moon, a volunteer mem-

ber of CAGIS for the Waterloo Region, helped to organize and teach a self-defence class on March 22 at the University of Waterloo.

Approximately 15-20 girls ranging from five to 16 years old attended and participated in the self-defence class.

Moon started off by giving the science and background behind what typically happens when someone pushes you and then went on to show how to fall properly without sustaining serious injury.

She also gave demonstrations on how to break someone's grip on your arm or to break free if grabbed from behind.

Moon, a mechanical engineering student at the University of Waterloo who has been doing judo for three and half years and now has her blue belt, said that this is how she got into the science side of CAGIS.

"This workshop is full of hands-on experience, it's fun and something that teenage girls would be

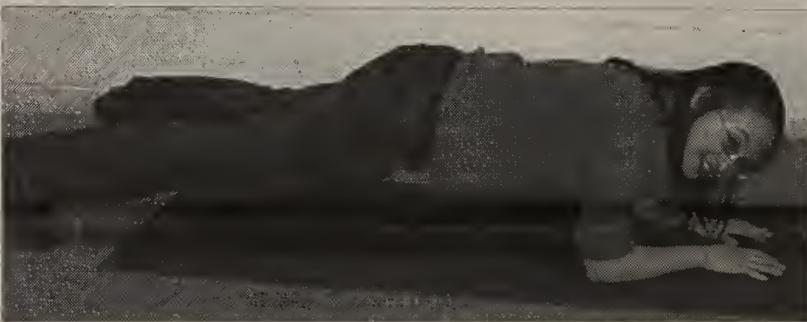
interested in," she said.

Moon thinks that self-defence classes are important because it is more of an empowerment tool in terms of elevating girls' self-esteem. She said it would boost their confidence levels to know that they can defend themselves in a tricky situation.

"We also talk a lot about prevention and common sense when it comes to drugs, alcohol and sex at house parties," she said. "We get them to think about what they're doing, who they're with and to be aware of their surroundings."

Kris McGee of St. Jacobs brought her two seven-year-old girls to the class mostly because she wanted her children to socialize with other girls as well as be exposed to science and self-defence.

"CAGIS offers many courses that I take my girls to, but I like this one because it teaches young girls about the pressures of high school," she said.



(Photo by Peggy O'Neill)

Ajung Moon, an instructor for the Canadian Association for Girls in Science demonstrates how to fall properly without sustaining an injury to a women's self-defence class.

Delicious donations guide the way

By NATALIE ANDERSON

They may not be knocking on your door, but they're out there. The Girl Guides of Canada are running their spring fundraiser, which means those delicious chocolate and vanilla cookies are currently available.

"Traditionally cookies are on sale from April through to May," said Kris McGee, of Girl Guides of Canada. "We have a time period that is set by our producers, Dare. We have about a six-month window where we are allowed to sell them. But we are always sold out by then."

McGee said the Girl Guides have been selling cookies for about 85 years.

"The first cookies were made in Saskatchewan," she said. "There is a unit in Saskatchewan where the grandmother, the mother and the daughter were the first family to sell the cookies as a fundraiser."

Cookie sales twice a year are the

major fundraiser for all members of Girl Guides of Canada. In the fall the Girl Guides sell mint chocolate cookies.

The cookies are \$4 per box or \$48 for a case of 12 boxes and all the proceeds are used to support programs for the girls, like excursions to art galleries or camping trips.

McGee said the organization is always looking for volunteers to join the Girl Guides of Canada.

"We particularly target female adult volunteers," she said. "They're welcome to work with any age group. We have volunteers that work directly with the girls and we have volunteers who work in an administrative role who help ensure that we have programming available for the girls."

Jeff Allman, of Cambridge, said he buys Girl Guide cookies because he feels the money is going to a good cause.

"I think it's important for kids to get socialized at a young age," said Allman. "It's good for them to be around other kids their age and have fun outside of school."

Allman said his favourite cookies are the traditional chocolate and vanilla cookies, more specifically, the chocolate ones.

McGee said the girls don't do door-to-door sales anymore for safety reasons.

"We do encourage the children to make sales through family, friends and neighbours," she said. "We do have units that go out on what we call a 'cookie blitz' and they will go door to door accompanied by adults."

She said the Girl Guides try to let neighbourhoods know that they are coming in advance by putting signs up at local schools.

"You can always look up Girl Guides in the phone book or call 1-800-565-8111," she said. "And somebody would gladly sell you cookies."

Waterloo leaders appeal to the community

By ROSS ALDWORTH

Community leaders and regular citizens alike are teaming up to plan the City of Waterloo's future.

Starting April 10, Mayor Brenda Halloran and Waterloo's city council will be asking residents what it is about Waterloo that appeals to them along with what they would like to see change.

According to the city's website, a random sample of Waterloo residents will receive a telephone survey on key issues and personal feelings about the city.

An online version of the survey will also be available through the city's website and hard copies of the survey will be available at most city facilities. The responses received will be considered in both

short and long-term planning for the city's future.

For more in-depth, expert opinions, a community forum will be held on April 13 at RIM Park from 9 a.m. to 3 p.m. During the morning, a panel of community leaders moderated by CTV's Daicne Vernile will talk about their vision and priorities for the city, followed by a public workshop in the afternoon.



HOROSCOPE

Week of April 2, 2007



Aries

March 21 - April 19

You were born a leader but often shy away from the position as you are afraid to fail whoever follows you. Don't be afraid to take the lead, correct your mistake and keep going. A true leader doesn't quit when things go wrong.



Libra

September 23 - October 22

You enjoy balance and thus are happiest when you have someone in your life. You are independent but appreciate having another person to keep you grounded when you need it. Life is often a balancing act.



Taurus

April 20 - May 20

Whether it's for love or money, you may find yourself in verbal or physical tiffs vying for what you feel is yours. Materials are just objects and people are not property, fight only for things that are irreplaceable.



Scorpio

October 23 - November 21

When you want something, nothing gets in your way. You have a subtlety about you that others don't expect and your intensity catches them off-guard. Use these talents wisely, you don't want to scare people away.



Gemini

May 21 - June 21

You are not easily persuaded and are torn when it comes to choosing sides. You want to make others happy but by doing so leave yourself overwhelmed and unhappy. Stop trying to please everyone, it won't happen.



Sagittarius

November 22 - December 21

When it comes to matters of the heart you are often torn between the "friends" zone and the "more than" area. Don't be afraid to move forward in relationships, only time will truly tell how you will feel in the future.



Cancer

June 22 - July 22

You're a personal person who does well when surrounded by family and friends. Take advantage of the time you can spend with these people, as situations in your life pick up speed, time with them may become sparse.



Capricorn

December 22 - January 19

No matter the situation, you are determined to make the best of all things. Your ability to see the silver lining often puzzles people even to the point of complete frustration. Don't lose your positive outlook, it will pay off in years to come.



Leo

July 23 - August 22

Much like a sniper, your aim is rarely off target. Your words are like daggers when someone upsets you and your opponent is barely left standing. Getting your point made is good, but don't dehumanize others for their mistakes. It's natural to be wrong.



Aquarius

January 20 - February 18

You are able to blend in well with all groups of people, befriend many you meet; yet you retain your individuality and keep your values intact. Hold strong to your attributes. When others become lost in society, you remain standing.



Virgo

August 23 - September 22

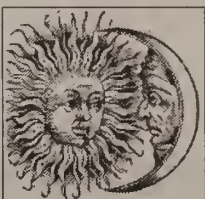
You often strive for self-improvement, erasing your weaknesses. Don't overwork yourself. Keeping your skills sharp and updated is a good habit, but perfection is impossible; don't set the bar too high, you'll only end up disappointed.



Pisces

February 19 - March 20

Some call you a pushover, others a do-gooder. Whatever the term, you are too nice by half. You usually can't say no, especially when people play the victim. Being kind is good, but you can't always say yes. Sometimes no is what others need to hear.



Tiffany McCormick is a third-year journalism student holding fate in the palm of her hand.

Malls spring into the season's fashion

The latest trends and classic comebacks are all the rage in area stores

By SAMANTHA SAECHAO

Some people may be wondering what the latest, trendiest and most popular fashions are right now? If you are one of the people who need to know, head to your local mall.

"Soft tones of pink, blue, green and yellow are the most essential to a woman's wardrobe this spring," says Charlie, a sales representative at Bluenotes. "And either dark or light green or blue, along with brown and black are the masculine fashion colours for men."

Charlie says that bright colours are the in trend right now for both men and women.

They are fashionable in polo shirts for men and women, tank tops for women, thin sweaters for both, and even undergarments for women.

These and many more trends are appearing in Kitchener's Fairview Mall and Waterloo's Conestoga Mall, in such stores as Bluenotes, Foot Locker, Xcetera, American Eagle, Aldo Accessories and Bootlegger.

Most popular for the guys are the ever-so fashionable polos, soft blue, green or orange, along with black and brown, says Charlie. "They also come in

stripes, both thick and thin horizontal lines, a mix of white and yellow."

Clothes are not the only trendy items right now.

Accessories are also in demand, and are available in bright colours, various shapes and sizes and even feature cartoon characters such as Tinkerbell and the sex icon Playboy.

Capris and tank tops are the hottest trend for women and are featured in bright colours of yellow, baby blue, pink and green, which are sure to brighten up any spring rainy days.

"Plaids have quickly become really hot this new season for both men and women," said Charlie.

Clothes are not the only trendy items right now. Accessories are also in demand, and are available in bright colours, various shapes and sizes and even feature cartoon characters.

You've probably seen them

wrapped around waists of women. Wondering why a belt of that size is so popular? It's the size that matters, literally.

"Wide-style belts that go over a female's shirt or dress have returned and have become quite popular," said Shannon, a sales representative at Aldo Accessories.

Long string necklaces are also a hot item to dangle around your neck, including ones with a circular-shape pendant or ornament.

Kristen, a sales representative at Xcetera, says large clustered pearls, thick silk headbands, thick plain or coloured bangles, necklaces with cartoon characters such as Tinkerbell, and even the sex icon Playboy which is stamped onto belts, earrings and necklaces, have all become the hottest accessory items to be paraded on women this spring.

For men, a man's best accessory this spring would be a nice pair of shades, preferably copper tone for the soft look or the black shade for the dark affect.

And a nice silver chain around the neck can never hurt anyone's style.

When putting together a wardrobe, don't forget about your

feet. The hottest and most popular footwear this spring season are fashionable for the casual dresser and athletic for the active.

Guys, you're probably wondering what there is out there. For street wear, the Air Force 1's are the top pick of the bunch, where Jordan's are also a hot style for basketballers," says Victor, a sales representative at Foot Locker.

For more of a laidback casual look that is also athletic, choose Pumas to give you the feeling of walking on air.

Ladies, looking casual while in style is the key this season and what better pair of shoes to do it in than Pumas which have a sleek look and soft feel.

Over at Payless, the more casual look is in this season.

"Ballerina flats that come in different styles and colours, Woodstock wedges and stilettos, and the soft feel slip-on clogs are most popular for women this spring," says Jill, assistant manager.

She says for men it's the high top Converse and bowling shoes style.

Whatever style you choose, remember summertime is just around the corner, bringing a whole new style and wardrobe.

Tips for Women

The following are in this season:

■ Soft tones of pink, blue, green and yellow

■ Capris, tank tops and plaid patterns

■ Wide belts, necklaces and coloured bangles

■ Pumas, ballerina flats, Woodstock wedges and stilettos

Tips for Men

■ Dark greens and blues along with browns and blacks

■ Polos in solids and thick and thin horizontal stripes

■ Sunglasses either in a copper shade or black tone

■ Air Force 1's or Jordan's

Stephen Colbert Day a success

By ANNELISE THOMPSON

More than 3,500 people went to Oshawa to celebrate the first-ever Stephen Colbert Day.

The American comedian was celebrated in the central Ontario city as a result of a trash-talk hockey bet made between Colbert and Oshawa Mayor John Gray.

The stakes were if Colbert's team, the Saginaw Spirit, won a hockey game against the Oshawa Generals, Gray would have to celebrate his birthday, March 20, as Stephen Colbert Day.

If the Spirit lost, however, Colbert would have to wear a Generals jersey for an entire episode of his show.

The Spirit won the game, and thus Colbert Day was declared.

Gray said he would have never believed a silly bet would draw all the attention and media coverage it has received.

"The only reason I responded to Mr. Colbert was because he sullied the good reputation of the

Genny's so I had to send words back to protect our boys," he said.

Oshawa not only made good on their side of the bet, they planned a bunch of events and had Colbert-themed snacks for all who attended.

Gray said there were no hard

feelings on his part.

"We had an absolute ball. It's one of those things where you lose the bet and still win. We had a few laughs and were able to raise awareness for Oshawa along the way," he said.

He also said people came from near and far to celebrate the quirky comedian.

The game featured local hockey players as well as Shooter the Oshawa General's mascot and Saginaw's Colbert-inspired Steagle Cobeagle the Eagle as the goaltenders competing for the Colbert Cup.

The Generals won the cup by a landslide, but the media relations co-ordinator for the Saginaw Spirit said the Oshawa win was planned from the get go.

"Steagle held down the net in a friendly game of 3-on-3 hockey," said Bill Konesko. "Despite his valiant efforts the Spirit lost the game by a large margin."

He also said the Spirit hope to attend the event next year.

"The best part was the warm welcome of the Oshawa community to Steagle Cobeagle the Eagle," said Konesko. "There were a lot of great photo opportunities for him."

(Internet photo)

Stephen Colbert of Comedy Central's Colbert Report, was unable to make a trip to Oshawa to celebrate his first-ever Stephen Colbert Day.

Currently Colbert is unable to travel due to contract restrictions.

"We had students come from New York University, as well as people from Saskatchewan and Manitoba," said Gray.

The big attraction of the night was a mock rematch between the Oshawa Generals and the Saginaw Spirit.

Attention Students!!!

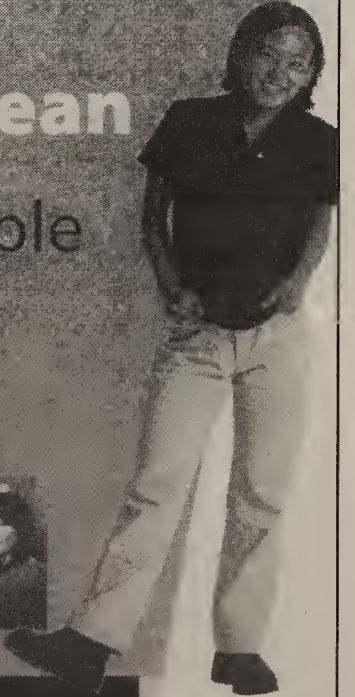
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Oilers do it right in new NHL

By JON MOLSON

Well, it finally happened. The Edmonton Oilers, after going an entire month without a victory, managed to win a game without the help of Ryan Smyth.

The Oilers' 12-game winless drought began in late February after general manager Kevin Lowe dealt the coveted Smyth to the New York Islanders in exchange for Ryan O'Marra, Robert Nilsson and the Islanders' first-round pick in 2007.

Despite the disappointment of trading away a player who has been referred to by many as the "heart and soul of the organization"... I believe Kevin Lowe made the right decision in dealing Smyth.

Edmonton's freefall after this trade has resulted in them being mathematically eliminated from

this year's post-season as well as dropping the team to 11th place (as of March 25) in the Western Conference. But despite the disappointment of trading away a player who has been referred to by many as the "heart and soul of the organization" and losing the opportunity to play for the Stanley Cup, after coming one game away from winning it last year, I believe Kevin Lowe made the right decision in dealing Smyth.

When he was traded the Oilers were a long shot to make the playoffs, but even if they weren't, the fact that Smyth is an unrestricted free agent as of July 1 placed Lowe in a difficult position. Smyth's current two-year deal, worth \$7 million US, is sure to increase after his stellar play throughout the 2006-07 season. And after failing to negotiate an extension, Lowe did the only reasonable thing in the

new salary cap driven NHL, he traded for the future. What he ended up getting in return was two prospects who

another first round pick in the upcoming draft. All that for a player who has the luxury of signing anywhere he pleases come July 1, which could still include Edmonton.

By trading Smyth, Lowe has undeniably sacrificed the season, but he has given

Oiler fans plenty of reasons to be optimistic about the organization's future. This optimism should come from the fact that Lowe has a clear understanding about how the NHL's economic system works. While other general managers, such as the one in Toronto, might have buckled under the pressure to resign a team member of Smyth's value, Lowe has made a firm stand in his unwillingness to overpay for the services of any player, even if that particular player has been with the organization since 1994 and has scored more

than 265 goals.

Smyth, at the very worst of times, may be nothing more than a good player, while at best he could

Lowe has made a firm stand in his unwillingness to overpay for the services of any player, even if that particular player has been with the organization since 1994 and has scored more than 265 goals.

be legitimately referred to as a great one, but he has, however, never been an elite player and should not be paid as one. And while it is difficult for fans of a small market organization to get used to their team continuing the tradition of being sellers at the trade deadline, it is a necessary part of building a winner in a league where it has become increasingly difficult to differentiate the good teams from the mediocre ones.



were both selected in the first round plus

Turtle power to the max

By BECKY SHARPE

Warner Brothers Studios knocked fans off their feet this weekend with the new computer-animated movie, Teenage Mutant Ninja Turtles (TMNT).

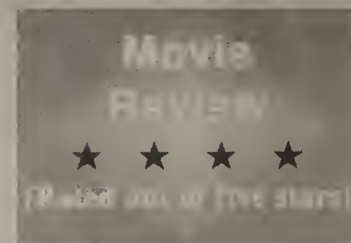
According to www.deadlinehollywooddaily.com, the movie brought in \$24.5 million during its first three days of release.

James Arnold Taylor, Nolan North, Mikey Kelley and Mitchell Whitfield are the voices of Leonardo, Raphael, Michelangelo and Donatello, the four famous crime-fighting sewer turtles. Sarah Michelle Gellar and Chris Evans are the voices of archeologist and former reporter April O'Neil and nighttime crime fighter Casey Jones. Mako is the voice of Splinter, the turtles' father figure and sensei (a marital arts teacher).

Other TMNT classic characters such as the Foot lead by Karai, originally ruled by the defeated Shredder, also play an unexpected role during the movie.

With Shredder defeated the turtles are free to live a normal life under the city of New York. Leonardo, leader of the four, has travelled to a jungle region as recommended by his sensei Splinter, to learn how to be a true leader. During his spiritual learning Leonardo becomes the mysterious Ghost of the jungle and helps poor communities.

Raphael, most commonly known for his hot head, takes on a new and exciting role as the Nightwatcher. In this new role Raphael is a heavily armed metal turtle defeating the crime of New York without the help of his brothers.



The genius mind and creative Donatello sets up his own technically computer support for residents of the city and finds himself constantly bombarded with boring questions.

Michelangelo, the simple-minded and most playful of the turtles, spends his free life as a party entertainer for young children.

While the new lives are befitting of the turtles' personalities, it is clear to the audience that each turtle is craving for his old crime fighting days to return. The three turtles still living in New York also miss their eldest brother and group leader Leo.

O'Neil and Jones are comfortably living together while collecting statues which link to the main plot of the movie.

The movie features a new villain, Maximillian J. Winters, voiced by Patrick Stewart. His historical brethren Colonel Santino, General Serpiente, General Aguila and General Gato (voices of John DiMaggio, Paula Mattioli, Kevin Michael Richardson and Fred Tatasciore II) create a new challenge for the turtles.

The movie is full of action and excitement, leaving turtle fans wanting more. The satisfying and classic turtle ending includes a surprise and promise of an old and classic face to return.



Kitchener boys face Japanese all-star team



The ceremonial puck drop takes place at this year's 10th Toyota Hockey Challenge. The game is a cultural exchange between Japan and Canada.



The Tomakomai All-Stars storm the Kitchener Minor Bantam's net during the 10th anniversary of the Toyota Hockey Challenge held at the Aud on March 25.

Exchange brings Japan's Tomakomai All-Stars to Canada for a cultural faceoff and hockey game

By AMY MEADOWS

A meeting at the Aud between the Kitchener Minor Bantam and the Tomakomai All-Stars marked the 10th anniversary of the Toyota Hockey Challenge.

The game, which took place on March 25, represents a cultural exchange between Japan and Canada.

Through the support of both Toyota Canada and Japan the exchange sends and receives 13- to

"Despite language and cultural differences, this wonderful and life-changing experience allows young hockey players to create lasting friendships through their common love for hockey."

*Hirofumi Iwakura,
mayor of Tomakomai, Japan*

14-year-old boys to the hosting team's country to learn about cultural differences and find common ground in the game of hockey.

The Tomakomai All-Star players spent a week prior to the game in Kitchener, sightseeing and staying with the families of Kitchener's players.

Charlie Ward, president of Alliance Hockey, an Ontario minor hockey association and one of the event's organizers, described the experience as "fantastic and cultural."

Mayor Carl Zehr encouraged the players on both teams to enjoy a "unique opportunity to compete and appreciate each other's cultures."

Tickets were free to the game, although everyone was encouraged to bring a donation to the food bank.

Last year 2,854 pounds of food was donated, which event organizers hoped would be exceeded this year.

The crowd was treated with end-to-end action, but the Tomakomai All-Stars came out on top with a 5-3 victory.

Before the game began the Mayor of the City of Tomakomai, Hirofumi Iwakura, said the hockey challenge was started to commemorate the beginning of business relations between Toyota Japan and Canada.

Iwakura also emphasized the cultural importance of the Toyota Hockey Challenge.

"Despite language and cultural differences, this wonderful and life-changing experience allows young hockey players to create lasting friendships through their common love for hockey," he said.

CLASSIFIED

Support person needed for 13-year-old boy with autism. Support required for outings in the community, summer camps, and within the home during the school year and summer holidays. Must be creative with activity planning, altruistic in your desire to work with a special needs child, and must have own vehicle. Laurelwood subdivision. \$10-\$12/hr depending on experience plus .37/km. Call Deborah 519-746-1584.



Tex, mascot for the Kitchener Rangers, meets and greets Japanese and Canadian fans at this year's Toyota Hockey Challenge. Tickets to the game were free with a donation to the food bank.

Photos by Amy Meadows

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Student an Olympian in the making

By STEPHANIE IRVINE

A non-descript, cinderblock building at 1253 King St. E. in Kitchener is home to the Waterloo Boxing Club. A single, steep flight of stairs carries you up to the second floor gym where the whipping and snapping of skipping ropes and the sharp thump of gloves on heavy practice bags can be heard.

The bright yellow and red walls covered in boxing paraphernalia and large mirrors attempt to brighten up an otherwise dingy room. The air is heavy with humidity and thick with perspiration.

And in the centre of the club's single ring, a star is being born.

At a slight five feet, 2 1/2 inches and 110 pounds, 19-year-old Mandy Bujold isn't the typical picture of a boxing champ.

Her coach, Rick Cadilha, says most people think of boxers as athletes who are big, brawny and powerful.

"Whenever I take her somewhere (for boxing), they're pleasantly surprised," he says. "When she's outside the ring she's just this little petite girl, and then when they actually see her train, it's like she's two different personalities."

In just three short years, this pint-sized local dynamo has become a force to be reckoned with in the world of boxing.

Bujold recently secured her spot on the national senior women's team with a decisive win in

children, seems to be handling the somewhat self-imposed pressure remarkably well. It's not surprising though, considering the sheer determination and dedication she's shown since the beginning of her career.

"When I first started, it was kind of like the old-school style where you walk in and you could be there for a year and the coach won't even say hi to you, won't teach you anything," she said. "That's how boxing is, they don't really teach you anything. They want to see if you're going to stick around before they spend time trying to show you something."

Bujold is far more willing to help newcomers to the Waterloo Boxing Club, however.

"She's taught me everything, pretty much everything," says Taveena Kum, 21, of Kitchener. "If she ever sees me doing anything wrong or awkward, she comes over and helps me out. Shows me some pointers, teaches me different skills."

In the ring, though, it's a different story.

"It's like you can't see the punch, you just feel it," laughs Kum. "She's very quick. And if you hit her hard, she'll hit you twice as hard."

Kum is quick to add that Bujold is careful to fight at the same level as her sparring partner.



Mandy Bujold, a second-year business student, warms up in the ring at the Waterloo Boxing Club. After boxing for three years, Bujold already has her sights set on the 2010 Commonwealth Games and the 2012 Olympics.

them, and maybe one will stay. At our club we have a lot of turnover."

She adds you need to have the motivation and drive to be there, especially as a female - it can be intimidating working out with 20 guys. Despite that, she says she's never encountered any discrimination.

"Especially now, like when I go to different clubs for sparring," she says. "They know who I am so they don't judge me, they actually respect me. Guys, girls, whatever."

She laughs and adds she has heard a lot of the guys talking about her, though.

"They'll say things like 'she trains harder than all the guys,' because I train really intense and they all see that," she says. "They make little jokes, like 'don't mess with her,' little things, but they're just having fun with it."

Fun has been the name of the game since Bujold started boxing as a child.

"We always had a boxing bag in our house, so we'd always just play around and pretend we knew what we were doing," she says. "We'd hit the bag just for fun, and I used to always like it."

It was one of her brothers who really got her into the sport, though. When the family - originally from Port Hope - moved from New Brunswick to Kitchener in 2001, her 20-year-old brother Eric started going to the Waterloo Boxing Club.

Bujold says she just remembers how excited he was about everything he was learning and doing there. His enthusiasm was contagious.

After several months, right before his first fight, Eric broke his pinky finger and that was the end of boxing for him.

"He got a job and once his finger healed, he didn't have time for boxing anymore," she says.

All those months of listening to her brother's stories were enough to sell the youngest Bujold on the sport for good, however.

"When she's outside the ring she's just a little petite girl and then when they actually see her train, it's like she's two different personalities."

Rick Cadilha,

Mandy Bujold's coach

She remembers with a smile when she first started at the club, seeing a girl who was on the national team and thinking someday she wanted to be like that, wanted to look like that when she was fighting.

"Now I'm the one on the national team, and the younger girls are looking at me like that," she says. "It feels really good, finally finding something that's my passion. It feels good."

Gruelling workouts and hours of

training seem to feel good to Bujold, too.

Despite her coach's claims to the contrary, Bujold insists she's not a natural and has to work hard to stay where she is.

Cadilha says that's one of the key reasons he likes coaching her so much.

"She works hard and she sees what her weaknesses are," he says. "I can point out her weakness and she doesn't take it personally, she automatically starts changing it. She pushes herself all the time to improve. She's never satisfied."

That attitude can be a downfall sometimes, he says.

"She's hard on herself," he says. "She puts a lot of pressure on herself. I don't think I've ever seen her 100 per cent satisfied."

Maybe one day Bujold will finally be satisfied with all of her hard-won success ... but it's not likely until she hears the words "Canada wins the gold."

Photos by Stephanie Irvine



Mandy Bujold, 19, lines up a right hook while sparring at the Waterloo Boxing Club on King Street in Kitchener.



"She goes really gentle on me because I'm new," she says. "And then for others, depending on their level, you see her in the ring and you're like, oh, wow, I'm so glad she didn't fight like that with me."

Bujold says she enjoys coaching and helping others improve, but she loves to spar with people who are better than she is so she can learn from it.

"I like sparring with the guys, and I like when they make me work," she says. "A lot of the girls I spar with (at my club), it's like target practice. I know that they're not at the same level."

And there aren't many female opponents to pick from around here.

"I think girls might be a little shy to come up to the club," she says. "When I first did it, I had to bring a friend. You see a lot of that, the younger girls will come up and there will always be two or three of

St. Hyacinthe, Que., in early February. This means Bujold will be travelling the globe for tournaments this year, including stops in Russia, Turkey and Hungary.

Both she and Cadilha talk about these fights with the same easy confidence they have when discussing her future.

And what a future it will be.

With female boxing now being considered for international events, Bujold will be at the Commonwealth Games in 2010 - which Cadilha calls a walk in the park - and then she'll go on to the 2012 Olympics.

"She'll win," he says. "These next four years will give her enough experience at the international level, so I see nothing but a medal."

Bujold, the youngest of three